



Mighty Me

What Is Mighty Me ?

MM is a therapeutic group we run for children in years 4 to 6 at primary school. It runs for 9 weekly sessions of 1½ hours during the school day.

How Does It Work?

MM helps children to become mightier than their problem! Through a combination of solution focused and narrative techniques, the group helps children to identify their influence over their problems and to highlight their competencies and a sense of personal agency. Children develop self confidence, social skills and strategies to manage their behaviour. Parents, carers and teachers are invited to act as supporters to children therefore building a strong sense of community around them.

What Have Children said About Might Me?

- I can be strong in my head and my heart
- Might Me was fun, we discussed our problems and put them in the "absorbicator". I learnt about the ally, which lives in your heart and supports you all the time, I also made friends at MM.
- Mighty Me was helpful, we wrote in diaries, and drew the problems, and shared feelings with each other
- Mighty Me helped me to get rid of my problem. I have loved being in the Mighty Me group.
- Before I used to be very shy and now I am not, I am able to speak my mind. An example of this was when I did my environment project in school that was being filmed and I spoke to the camera for a very long time

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